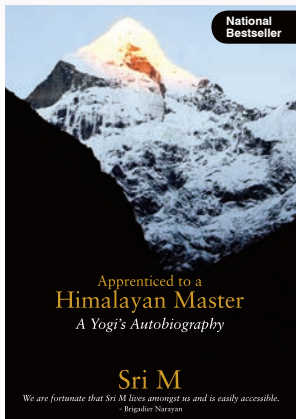




## Books by Sri M

### Apprenticed to a Himalayan Master: A Yogi's Autobiography

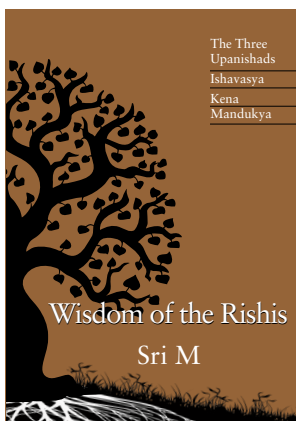


An autobiographical account of a yogi and his journey towards understanding his master, *Apprenticed to a Himalayan Master: A Yogi's Autobiography* is Sri M's story.

Sri M's transformation into a yogi with profound knowledge of the Upanishads and other Indian scriptures and a scholastic understanding of global religions is a fascinating story to be read. In this book, through simple prose, he shares his experiences including his fascinating travels across the Himalayas and elsewhere, meetings with seers and saints, the several years he spent with his Master completing his spiritual transformation as Sri M, his encounters with the inexplicable and eventual spiritual progression—all together an engrossing read.

The book has also been published in Hindi, Kannada, Malayalam, Oriya, Tamil, Marathi, Gujarati, Telugu and German.

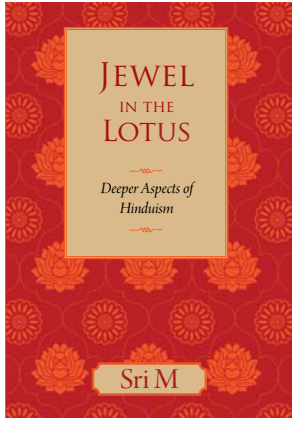
### Wisdom of the Rishis: The Three Upanishads: Ishavasya, Kena & Mandukya



*Wisdom of the Rishis* is a book of comprehensive insights by Sri M into the three Upanishads - Ishavasya, Kena and Mandukya.

This book on the Upanishads by Sri M asserts that these texts are inquisitive insights into the origin and purpose of life and existence, which has been a mystery to man from the very beginning of time. **Ishavasya Upanishad** delves into the existence of life, the **Kena Upanishad** details the existence of one's id and the **Mandukya Upanishad** deals with the various states of consciousness that a human being is known to experience. This book discusses the scientific approach that man has undertaken, as early as the Vedic times, to understand the mysteries of all forms of life and the universe.

The book has also been published in Marathi and Malayalam.

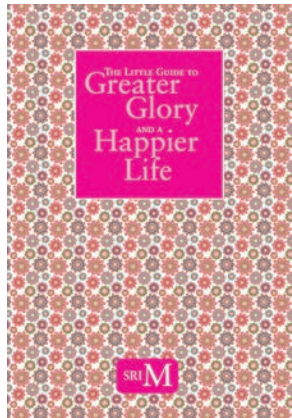


## Jewel in the Lotus: Deeper Aspects of Hinduism

**Jewel In The Lotus: Deeper Aspects Of Hinduism** seeks to capture the essence of Hinduism, lost as it is between the teachings of ancient literature and the trappings of modernity.

Hinduism, also known as Sanatana Dharma, is a global religion based on the pursuit of truth and the true nature of reality. It is shaped by its intricate relationship with metaphysics and its vast repository of ancient literature. Through this book, Sri M wishes to help the readers imbibe the teachings of Hinduism into their daily lives without the need for retreating from the modern world or compromising on its offerings. The book seeks to convince the readers that it is entirely possible to remain part of modern society and simultaneously lead a life of utmost spirituality.

This book has also been published in Marathi and Malayalam.



## The Little Guide to Greater Glory and a Happier Life

**The Little Guide to Greater Glory and a Happier Life** is a concise collection of writings by Sri M that guides spiritual seekers to find the true path and lead a more productive life.

This book is an excellent introduction to the philosophy of Sri M. Spiritual seekers are often confused by the conflicting possibilities before them, and this book's practical wisdom helps one to sift through the chaff and understand the nuances of the true path in order to lead a life of contentment and peace. Featured are deep insights on meditation (coupled with service to mankind) not just for the seeker but also for those who lead a worldly life and are facing its increased stress.



मानव एकता मिशन  
MANAV EKTA MISSION

Born human | Be human | Every step for *humanity*

**Walk of Hope**  
2015-16  
PADAYATRA | KANYAKUMARI | KASHMIR

Walk of Hope is a padayatra for peace and harmony by the Manav Ekta Mission—covering 6000 kms from Kanyakumari to Kashmir. Led by Sri M, founder of Manav Ekta Mission, the journey spans 15-18 months through 12 Indian states, bringing together citizens from all walks of life. Traversing the varied landscape of India, it seeks a significantly restored nation-fit enough to be bequeathed to our future generations.

To know more about the Walk of Hope with Sri M and participation in this spiritual quest for a united and inclusive India, log on to [www.walkofhope.in](http://www.walkofhope.in) or write to [team@walkofhope.in](mailto:team@walkofhope.in)

You may also WhatsApp us @ [9611135502](https://www.whatsapp.com/channel/0029va81135502)

## Sri M

Sri M—spiritual guide, social reformer and educationist—was born into a Muslim family on November 6, 1948 in Thiruvananthapuram, Kerala. His transformational journey, from a young boy to a living yogi, is a fascinating story symbolized by single-minded discipline and dedication. He travelled to the Himalayas at the age of 19, met saints and sages, eventually gaining his spiritual fulfillment under the guidance of Maheshwarnath Babaji. He is married and has two children. His autobiography, **Apprenticed to a Himalayan Master—A Yogi's Autobiography**, is a bestseller. Based in Madanapalle, Andhra Pradesh (a three-hour drive from Bangalore), he leads a simple life—teaching and guiding the **Satsang Foundation** and **Manav Ekta Mission**.

